

Faith at Home for families

Summer Holiday Series - Activity 6



Hello from St Mary's Church!

This is the last one in our Summer Holiday Series looking at the Psalms. We have only had time to look at 6 Psalms - and there are 150 of them in the Bible!

We hope that this series has shown you something of what God is like.

- I wonder what you have found out about God that you didn't know?
- I wonder which of the Psalms we looked at you liked the best?
- I pray that you will know that God walks with you, now and in the coming school year; through the ups and downs; loudly as well as quietly; helping you overcome challenges; helping you learn and grow.

This week we will add the finishing touches to our holiday bunting – I hope you still have room on your flags!

Don't forget to send us pictures of your bunting if you haven't already done so – you can do this on the St Mary's Church Facebook page. It will be lovely to see them!



Psalm 139 – God Knows Me and Loves Me!

This week we're looking at Psalm 139. You can read it in a Bible you have at home, or look it up on the internet, or read it at the end of this activity sheet.



Have you ever wondered if teachers have eyes in the back of their heads, or if they can see round corners? It can feel like that sometimes, because sometimes they just seem to know what it is you just did – and you wonder how they can possibly know!

Teachers have a lot of children in their classes to look after, but when you think about how many children God has in his family – there are so many!

- How can God notice and care about me amongst all those others?

God knows us inside out...and still loves us!

This Psalm reminds us that not only does God notice us, he knows us inside out and loves us just as we are, because he made us! Isn't that wonderful!

It is important to remember that God loves us as we are, because what this Psalm also tells us is that God notices everything we think and say and do. This includes the bits we'd rather he didn't notice! Like when we were mean to a friend, or when our Dad or Mum asked us to do something and we grumbled about doing it when they weren't listening.

Some people worry when they find out that God knows everything about them, and they try to hide from him.

- Have you ever played hide and seek?
- It's one of my favourite games, and because I'm here writing this now, I can safely say I have always been found!



With God, we are always 'found' even when we try to hide. He loves us (even when we do wrong things) and he is always waiting for us to love him back!

When we decide to be God's friend and follow him, we will still get things wrong, but we can say sorry and ask God to help us to do what is right and good.

I wonder, what will you say sorry for this week?

A 'thank you' prayer you might like to say

There is a lot to say 'thank you' to God for this week! Here is a prayer you can say:

Dear God,

Thank you that you love me as I am because you made me!

Thank you that you always notice me and care about me.

Please help me to say sorry when I do something wrong.

Please give me the courage to do the right thing next time.

Amen.



Bunting week 6 – Psalm 139

For your bunting flag this week:

- Choose something that reminds you that God knows us and loves us, even when we hide!
- Maybe you can draw a picture of yourself hiding. I wonder where your favourite place to hide is?
- Or you can draw hearts, to show God's love.
- If there is a word or a phrase from Psalm 139 that you especially like, you can put that on your bunting flag.
- Or you can do all of those things so that your bunting is mega-long!

Other 'God Knows Me and Loves Me' Activities

PLAY A GOOD GAME OF HIDE AND SEEK

While you are waiting to be found, you can remember that God always knows where you are!

PAINT A SELF-PORTRAIT

- God knows you, but how well do you know yourself!
- Try and paint or draw a picture of your own face.
- If you're with a friend, try to paint pictures of each other!
- What do you think of the results?!



Psalm 139 – God Knows Me and Loves Me

You have looked deep into my heart, Lord
and you know all about me.

You know when I am resting or when I am working,
and even from heaven you know my thoughts.

You notice everything I do and everywhere I go.

Even before I speak you know what I will say.

Your powerful arms protect me on every side.

I can't understand all of this!

Such wonderful knowledge is far above me!

Where could I go to escape from your Holy Spirit?

Where could I go where you wouldn't be able to see me?

If I climbed the highest mountain you would be there.

If I dug to the centre of the earth you would be there.

If I had wings and could fly across the sky as day is dawning,
and if I could fly over all the oceans,

Even then your powerful arms would guide me and protect me.

If I said, "I'll hide in the darkest place

and stay there until night time makes it even darker"
you would see me in the dark
because daylight and darkness are the same to you.

You are the one who knit me together inside my mother's body.
So I praise you for the wonderful way you created me.
Everything you do is amazing!
I don't doubt this at all!

Nothing about me is hidden from you!
My body wasn't hidden from you as it grew before I was born.
With your eyes you saw me growing.
Even before I was born you knew what I would do in my life.

Your thoughts are far beyond what I can understand.
Your thoughts are far beyond what I can imagine.
I try to count your thoughts,
but your thoughts are more than grains of sand on the beach!

When I wake up I will find you near me.
Look deep into my heart, God, and find out everything I am thinking.
Don't let me follow evil ways,
but please lead me in ways that are good and right.